

Food is the first best medicine you can take.

What is the Food Stamp Program?

The Food Stamp Program is about preventing hunger and promoting health. It exists to keep New Hampshire residents from going hungry by providing a way to buy healthy foods. It serves children, seniors, disabled people, and working or unemployed people of all ages.



The Food Stamp Program is not a welfare program. It is a program that was created by Congress to help farmers and you. By participating in the Food Stamp Program, farmers receive federal economic assistance to help them stay in business while you receive a way to buy nutritionally sound food.

What can I buy with food stamps?

Food Stamp benefits can be used to buy food, nothing else. Congress made certain that you are free to buy any type of food you choose, including vegetable seeds. Food Stamps cannot be used to buy paper products, vitamins, soaps, or any other non-food item.

How do I apply?

To apply for Food Stamps, simply call 1-800-852-3345 ext. 4238 and our Client Services representative will tell you where to apply. If you are age 60 or over, or are disabled, or can show a hardship, you may apply from home. You will get your benefits faster if you come into our office. Our office locations are listed on the back of this brochure.

What should I bring?

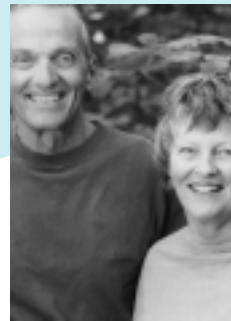
You can help us make a fast decision by bringing any checkstubs, bank statements, rent receipts, mortgage payments and utility bills with you. We'll review your income, cashable assets, and expenses to see if you qualify.

How long does it take?

We have 30 days to determine eligibility. However, if you act quickly to get us the information we request, we can usually get your benefits to you sooner. If you qualify for emergency Food Stamp benefits, you will receive them within seven days.

How much in benefits will I get?

Your benefits are based on your income and household expenses. After your first month, benefits are posted to your account automatically on the 5th of every month.



Do I call you if my income changes?

If you receive another program of assistance in addition to Food Stamps, you must report all changes in income. If you get Food Stamps only, we'll tell you when you need to report changes and what changes need to be reported.

Can others see me using food stamps?

No. Food stamps are electronic. To spend Food Stamps at a grocery checkout lane, you simply swipe a bank-type debit card through the Point-of-Sale device, like any other debit card customer. Your Food Stamp account balance will show on your receipt.

Can you help me find a job?

Yes. We have a special relationship with New Hampshire Employment Security to help you look for work. If you are between ages 18 and 60, you'll have appointments with a job counselor every two weeks for two months. After two months, or if you are disabled or otherwise exempt, you still may volunteer for job search assistance.

District Offices

*For more information, contact
your local District Office.*

Berlin District Office
231 Main Street
Berlin, NH 03570-2463
Phone: 752-7800 or
800-972-6111

Claremont District Office
17 Water Street, Suite 301
Claremont, NH 03743-2280
Phone: 542-9544 or
800-982-1001

Concord District Office
40 Terrill Park Drive
Concord, NH 03301-9955
Phone: 271-6201 or
800-322-9191

Conway District Office
73 Hobbs Street
Conway, NH 03818-6188
Phone: 447-3841 or
800-552-4628

Keene District Office
809 Court Street
Keene, NH 03431-1712
Phone: 357-3510 or
800-624-9700

Laconia District Office
65 Beacon Street West
Laconia, NH 03246-9988
Phone: 524-4485 or
800-322-2121



District Offices

*Food Stamps are an
investment in good health.*

Littleton District Office
80 North Littleton Road
Littleton, NH 03561-3841
Phone: 444-6786 or
800-552-8959



Manchester District Office
361 Lincoln Street
Manchester, NH 03103-4976
Phone: 668-2330 or
800-852-7493

Nashua District Office
19 Chestnut Street
Nashua, NH 03060-9311
Phone: 883-7726 or
800-852-0632

Portsmouth District Office
30 Maplewood Avenue
Portsmouth, NH 03801-3737
Phone: 433-8380 or
800-821-0326

Rochester District Office
150 Wakefield Street, Suite 22
Rochester, NH 03867-1309
Phone: 332-9120 or
800-862-5300

Salem District Office
154 Main Street, Suite 1
Salem, NH 03079-3191
Phone: 893-9763 or
800-852-7492



Food Stamp Program

*Food Stamps - an investment
in your good health*

*Food Stamp Program
Division of Family Assistance
NH Department of Health and Human Services
129 Pleasant Street
Concord, NH 03301
www.dhhs.nh.gov*

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